





## Suggested Hikes



### Hike #1: Mill Prong-Rapidan Camp

4-mile round trip, moderate, 2 3/4 hours hiking time, 870-foot elevation gain, 3 stream crossings. Go left on the Appalachian Trail south, and cross Skyline Drive. Go left on blue-blazed Mill Prong Trail. Turn right on Mill Prong Horse Trail. Explore the camp, and then retrace your steps to Milam Gap parking.



### Hike #2: Appalachian Trail-Tanners Ridge

2.1-mile round trip, easiest, 1 1/2 hour hiking time, 175-foot elevation gain. Go right on the Appalachian Trail north to Tanners Ridge Road. Return by the same route to the starting point.



### Look for Trail Markers

You'll find these trail markers at all trailheads and intersections. The metal bands are stamped with directional and mileage information.

## Before You Go!

- Pets are not allowed on Fox Hollow Trail. Where allowed, pets must be on a leash at all times.
- Be sure you are physically able to complete the hike you've chosen.
- Take plenty of water—at least a quart per hour.
- Be sure you know your route. Free maps are available at entrance stations, visitor centers, and [www.nps.gov/shen](http://www.nps.gov/shen)
- When you return from your hike, check for ticks.
- Be sure someone knows where you are and when to expect your return.
- Leave what you find. Artifacts are protected by law.
- Please respect family cemeteries.



Leave No Trace Preservation through education: building awareness, appreciation, and respect for our public recreation places.